

NOVEMBER 2024



Stockpot-Cold Supper

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Waldorf wrap, French Potato salad Brownie 2% Milk
4 Chicken Caesar Sandwich Grilled Chicken, Lettuce, whole wheat bread, Broccoli, cheddar Pasta salad, Tropical Fruit, 2% Milk	5 Healthy Tuna Sandwich Salad 2 slice bread, Farm Garden Salad Ny Local Apple 2% Milk	6 Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw, Pear, 2% Milk	7 West Coast smoked turkey Sandwich, Low sodium turkey breast Cheddar cheese, lettuce, whole-wheat sub, Creamy Potato salad ,Mandarin,2 % Milk	8 Local Ingredients Egg Cobb Pasta Salad Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, dinner rolls Banana,2% Milk
11 Holiday - No Meals	12 Fall Special LOW SODIUM DELI Turkey Salad Wrap Fall Pasta salad , NY Local Apple , 2% Milk	13 Seasonal Top Rated Sweet corn Tuna salad Sandwich, 2 slice bread, lettuce, Farm Garden Salad Orange, 2% Milk	14 Classic Chicken salad Sandwich Chicken breast, lettuce, Everything bagel French Potato salad, Cookie, 2% Milk	15 Global Favor Japanese Egg Salad Sandwich Macaroni Pasta salad, 2 slice of white bread, mandarin 2% Milk
18 Gourmet Plus Orange grill Chicken, Couscous Salad, italian dressing Peach, 2% milk.	19 Roast Beef Sandwich Swiss Cheese, Arugula, Creamy Horseradish, Creamy Potato salad Pear,2% Milk	20 Local Ingredients Egg Cobb Pasta Salad Hard Eggs, cherry tomatoes, cucumber, carrots, celery, Ranch dressing, dinner rolls Banana,2% Milk	21 Healthy Tuna Sandwich Salad 2 slice bread, Farm Garden Salad Ny local Apple,2% Milk	22 Chicken Caesar Wrap: Grilled chicken, Caesar dressing, , mozzarella cheese, whole wheat tortilla, chickpea Potato salad Caesar dressing, Banana, Milk
25 Global Favor Chicken Ranch Wrap: Grilled chicken, whole wheat Tortilla, lettuce Cheddar cheese, ranch dressing, Coleslaw, Pear, 2% Milk	26 Seasonal Top Rated Sweet corn Tuna salad Sandwich, 2 slice bread, lettuce, Farm Garden Salad Orange, 2% Milk	27 Smoke-grilled chicken sandwich: Lettuce, cheddar cheese, whole-wheat sub, French Potato salad, Banana, 2% Milk	28 Holiday - No Meals	29 Roast Beef Sandwich Swiss Cheese, Arugula, Creamy Horseradish, Macaroni Pasta Salad, Pear,2% Milk

Note: To cancel your meal, please call our Mystic Valley Nutrition Department at least one day in advance before 11:30 AM: 781-388-2303

*Menu subject to change without notice.